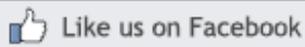




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Green Valley Aromatherapy

May 2014

Greetings!

A happy, happy May to one and all,



Gone are the days when youngsters danced around the maypole. I haven't seen one since I was very young in England. As I understood it, everyone was happy at the return of summer. Small communities got together to watch the young people dancing and to have a good old catching up chat about how they coped with the winter.

The British Columbia Association of practicing Aromatherapists (BCAPA) had their annual general meeting and international speaker on the 5th and 6th of April. It was a fantastic, fabulous week-end. I cannot find the words to describe it.

Valerie Ann Worwood was the speaker. When I first discovered aromatherapy in England, her book, *The Fragrant Pharmacy*, was the first book I bought. Ms. Worwood has written 9 books on the subject of aromatherapy and she was awarded a doctorate in complimentary medicine in 1990. She still continues her work in the field of essential oils and aromatherapy as an author, researcher, consultant and practitioner. Ms. Worwood developed the original Aroma-Genera, in which the various properties of essential oils are organized into nine types according to their connections to the body, mind and emotions. This has been taught internationally subsequent to her introduction of Aroma-Genera in [The Fragrant Mind](#) in 1996.

The week-end presentation was about Cellular memory and aroma.

This excerpt is from a handout regarding the overview of the workshop:

"Working with hundreds of people and the aroma-Genera system during the last twenty years, it is apparent that essential oils and aromatherapy can assist in releasing long stored memory and body trauma patterning. We unconsciously store odors with every breath, and that first experience of an odor has such a lasting effect that it can

Quotes

"A swarm of bees in May
Is worth a load of hay;
A swarm of bees in June
Is worth a silver spoon;
A swarm of bees in July
Is not worth a fly."

Rhyme from England

"An investment in
knowledge always pays
the best interest."

Benjamin Franklin

"A two-year-old is kind of
like having a blender,
but you don't have a top
for it."

Jerry Seinfeld

Find out what you're missing!

For those of you who haven't yet checked us out on Facebook, here are some great reasons to:

1. We often post advance notice of sales and specials
2. We share aromatherapy ideas, news and articles of interest
3. We share discussions on

aromatherapy.

Some of the topics in
March 2014 were:

- How to make soap
- Wellness real estate
- Oils for stress
- DIY air fresheners



Like us on Facebook

provoke both conscious and unconscious instinctual memory. The emotional response to such instinctive memory patterns has such a powerful motivation or impulse that this can create profound physiological effects, such as altering brain wave patterns, increasing or decreasing heart rate, changing skin temperature and increasing or decreasing muscular tension. As well as emotional everyday responses and personality changes. The effects of which can sometimes reach to birth and beyond."

We learned about research that has been done in this area as well as practical applications for aromatherapy practice and essential oil use. It was a very interesting and informative workshop.

All the best,

Barb

Product Profiles

[Camphor Essential oil](#) (White) (*Cinnamomum camphora*)

Camphor is a top note and is steam distilled from the wood and branches of the camphor tree. This oil is a great anti-inflammatory. As a child, at the first sign of a cough or a cold, we had our chest and back rubbed with a mixture of some form of grease with camphor added. I think my grandparents used something similar for their old arthritic joints.

As I have gotten older I have learned the value of Camphor, especially for older people as it helps with circulation, upper respiratory, arthritis aches and pains as well as sedating for the nerves. It is used as an insect repellent and is one of the ingredients in moth balls.

Caution must be used with Camphor. This oil should not be used in aromatherapy massage but rather used in a diffuser in small amounts or on occasion in a compress. Avoid during pregnancy. Epileptics and asthmatics, as well as people with a fever, should avoid camphor.

[Witch Hazel](#)

Witch Hazel is extracted from the leaves, flowers and bark of the hamamelis tree, a small deciduous shrub. Witch Hazel contains a mixture of 85-86% aqueous witch hazel extract and 14% ethyl alcohol as a preservative.

Teens who have acne trouble would be amazed with how Witch Hazel soothes the skin. Of course, it would help to speed things up if they would watch their diet as well. The anti-inflammatory action of Witch Hazel takes the itch out of insect and mosquito bites. You can spray onto the bites or dab with a cotton ball.

If you suffer from aching legs try wrapping them in thin cotton strips, raise up the legs and spray on the Witch Hazel. It is very refreshing and will help to take the inflammation out of the veins.

Witch Hazel is wonderful for removing oil from the skin, but not too much as you need a certain amount of oil in the sebaceous glands. If used after a shower, Witch Hazel will seal in the oil and tighten up your pores.

Sunshine Blend

Sunshine is a blend for all seasons, especially if you get S.A.D. syndrome during the winter months. Sunshine comprises of **Bitter Orange** essential oil, **Neroli** essential oil and **Petitgrain** essential oil. All of the oils are steam distilled and all are from different parts of the same tree. Nature has shown us that they work well together, so we blended them together.

Between them they are good as an anti-depressant, lymph stimulator, anti-anxiety and sedative. In the winter months, use it in your bath, diffuser, or massage. Keep this blend handy if you are feeling down and inhale deeply and slowly from the bottle. You can still enjoy it in the summer for its light happy aroma.

Camphor, Witch Hazel and Sunshine are all 15% off in May!

Aromatherapy Tips

You need never worry again about what the Chlorofluorocarbons in commercial air fresheners are doing to the Earth's ozone layer, or what the chemicals are doing to your families health. **Hydrosols are a great way to freshen up your home. You can also add 10 drops of essential oil to 600mls of water and shake well. **Tea Tree**

Hydrosol and **Tea Tree** Essential oil are great choices.**

Try adding 4 drops of **Peppermint to your washing water. Wipe the counter tops after and enjoy the aroma.**

Put 4 drops of [Eucalyptus Globulus](#) on a tissue or kitchen roll and place it in the refrigerator. Every time you open the door you will be met with a clean, fresh smell.

In your children's school bags, put 4 drops of [Lemon](#) essential oil on an absorbent card at the bottom of the bag.

Would you like to receive a FREE 10ml Lavender from France with your next order?

If so, read the riddle below and see if you can figure out the answer. Email us at Green Valley Aromatherapy (orders@57aromas.com) with the correct answer and we will add a 10ml bottle of this amazing product to your next order! The correct answer will be given in our next months newsletter.

You have a 3 Litre jug and a 5 Litre jug. You need to measure out exactly 7 Litres of water. How can you do it?

Best of luck!!

Last weeks answer was 'the Can-Can'. Congratulations to all those who answered correctly.

Thank you to all those who shared their stories with us in February. We will be profiling some of them here in our newsletter. If you have a story to tell, please share it with us.

You can email us at orders@57aromas.com.

By sharing your stories you may help others.

Thank you.

Customer Success Story

"Aromatherapy as a Champion for Migraines Symptoms

Aromatherapy has been a helpful and pleasurable method of relieving aspects of migraine symptoms. The inclusion of essential oil during early onset of a migraine has proven to be helpful for me time and time again. For example, the application of peppermint oil on the back of the scalp and in a diffuser can ease feelings of stress and nausea. In combination as a blend, Lavender is also beneficial in relieving the overall sense of duress from the intensity of knowing that a migraine headache may take over for the day. I find that these two essential oils play a significant role in reducing emotional, psychological and physical stress which ultimately results in an overall

better sense of well being during these headaches.

The integration of aromatherapy for this specific issue also adds a delightful and comforting scent to engage with, leading to a meditative state of relaxation rather than a frantic reaction. Overall, the use of Peppermint and Lavender oil have been extremely appreciated in these painful episodes. I love essential oils!"

Courtney

Thank you Courtney!

Did You Know?

Facts about our [Shea Butter](#) from Ghana.

"Imagine: two pots of face cream, identical but for the wording on the labels. One says "raw, unrefined, natural" and the other says "refined, deodorized, pure white and with a subtle floral fragrance". Which one would YOU trust for your delicate skin?

The truth is that the "raw, unrefined" Shea Butter is superior - no contest! Don't be fooled by words; "refined, and pure white" actually describes a chemically-treated and industrially-processed end-product lacking many of the deep moisturizing, anti-aging, protecting and healing properties of raw, unrefined Shea Butter.

The people of Ghana have understood the unique properties of their native Shea Butter for generations. We simply bring that wisdom to other parts of the world in the form of pure, unrefined Shea Butter. It's as nature intended, and by far the safest thing to put on your face, on your baby or the skin of anyone you love!"

